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Cir. No. 35 G
1,000—June, 1931

ONTARIO

Ontario Department of Education

SYLLABUS

OF

SUMMER COURSES AND EXAMINATIONS

FOR

Teachers' Certificates

IN

Physical Education

1931

PRINTED BY ORDER OF
THE LEGISLATIVE ASSEMBLY OF ONTARIO

TORONTO
Printed and Published by Herbert H. Ball, Printer to the King's Most Excellent Majesty
1931

SUMMER COURSES AND EXAMINATIONS FOR TEACHERS' CERTIFICATES IN PHYSICAL EDUCATION

1.—(*a*) Subject to such exemptions as may be granted by the Minister under these provisions, the work for the certificate in Elementary Physical Education may be completed in one Summer Course, that for the Supervisor's or Specialist's certificte in two Summer Courses.

(*b*) The holders of Strathcona Grade B certificates may be exempted from such exercises and examinations as are covered by said certificates.

(*c*) Before male candidates can be granted certificates as Supervisors or as Specialists in Physical Education, they are required to submit their Cadet Instructors' certificates to the Department.

Department of Militia and Defence

2. Candidates who have been duly admitted, and who pass the examinations and other tests prescribed, will be granted by the Department of Militia and Defence, Ottawa, (1) Strathcona Grade B Certificates; and (2) Cadet Instructors' Certificates, Grade A, which will also qualify the holders for the rank of Lieutenant in the Active Militia, upon application to the Director of Cadet Services.

Equipment

3. All women students in the Physical Training Course are required to wear the prescribed costumes in practice classes. The approximate cost of each costume and printed instructions concerning it will be given out at the opening of the course.

THE FOLLOWING ARE THE COURSES:

THEORY

(Men and Women)

I. Course Leading to Public School and High School Elementary Certificate.

1. *Theory of Gymnastics:*

(*a*) Consideration of various systems and forms.

(*b*) Classification of Exercises—

(i) Massive and Local Exercises.
(ii) The various Groups and their effects.

(*c*) The Table—

(i) Essentials.
(ii) Movement.
(iii) The Sequence of Groups.
(iv) Progression.
(v) Preparation.
(vi) Nomenclature.

(d) The General Activity Portion of the Table—

(i) Its importance and general conduct.
(ii) The Team System—its introduction and application.

(*e*) Adaptations to Various Conditions—
- (i) Accommodation and equipment.
- (ii) Length of period.
- (iii) Age.
- (iv) Mixed and separate sexes.
- (v) Weather and season.
- (vi) Classroom work.
- (vii) Time of day and week.
- (viii) Environment.

2. *Technique of Teaching:*

(*a*) The teacher.
(*b*) The command.
(*c*) Demonstration and Presentation.
(*d*) Correction of Faults.
(*e*) Place of—
- (i) imagination.
- (ii) repetition.
- (iii) imitation.
- (iv) music.
- (v) rhythmical work.

(*f*) Class management and control.

3. *Games and Athletics:*

(*a*) Their place in the Physical Education scheme.
(*b*) Theory of play.
(*c*) The consideration of handling large groups effectively.
(*d*) Classification of games.
(*e*) Suitability for various grades and conditions.

4. *Outlines in Anatomy and Physiology:*

(*a*) Osseous system and articulations.
(*b*) Skeletal muscle system.
(*c*) Body mechanics.
(*d*) Nervous system and muscular control.
(*e*) Circulatory system.
(*f*) Respiratory system.

5. *First Aid.*

6. *Health Education.*

II. Course Leading to Public School Supervisor's Certificate and High School Specialist's Certificate—

1. *Applied Anatomy and Kinesiology:*

(*a*) Movements of the chief joints of the body.
(*b*) Analyses of muscle work in gymnastic movements.

2. *Physiology of Exercise:*

(*a*) Effect on the muscular, nervous, respiratory, and circulatory systems of— (i) Exercise.
(ii) Work.
(iii) Rest.
(iv) Play.

(*b*) Theory of— (i) Fatigue.
(ii) Breathlessness.
(iii) Stiffness.
(iv) Second Wind.
(v) Overwork.

3. *Corrective Gymnastics:*

(*a*) Physical examinations.
(*b*) Postural and physical defects.
(*c*) Correction and treatment.

4. *Theory of Coaching:*

(*a*) Technique.
(*b*) Defensive and Offensive Theories.
(*c*) Routine of coaching practice.
(*d*) Training principles.
(*e*) Sportmanship.
(*f*) Morale.

5. *Organization and Administration of a Physical Education Department:*

(*a*) Routine and regulations—
(i) Attendance and excuses.
(ii) Uniforms.
(iii) Penalties.
(iv) Care of gymnasium and swimming pool.

(*b*) Programme—
(i) Graded activities for the different classes.
(ii) Tests.
(iii) Examinations.
(iv) Leaders, captains, managers.

(*c*) Mass Activities—
(i) Intramural and inter-school team activities.
(ii) Competitions.
(iii) Play days and meets.
(iv) Parties.
(v) Demonstrations and exhibitions.

PRACTICE

(Women)

COURSE I.—A. LEADING TO "PUBLIC SCHOOL ELEMENTARY CERTIFICATE."

1. *Gymnastics:*

   (*a*) For primary grades.
   (*b*) Review of "Syllabus of Physical Exercises for Schools" 1919 Edition.
   (*c*) Marching.
   (*d*) Tumbling, elementary apparatus, free activity.

2. GAMES:

   (*a*) Group games and games leading up to team games.
   (*b*) Team games—volleyball, basketball, softball, Danish Rounders.
   (*c*) Track and field activities.

3. *Dancing:*

   (*a*) Nursery rhymes and singing games.
   (*b*) Simple dances suitable for primary grades.
   (*c*) Folk dances.

4. *Swimming:*

   (*a*) Land drill in crawl stroke, back stroke (frog kick), sculling.
   (*b*) Practice of these strokes in the water.
   (*c*) Swim thirty feet by any approved stroke.

5. *Teaching*—Practice in:

   (*a*) Commanding.
   (*b*) Demonstration.
   (*c*) Presentation.
   (*d*) Correction.
   (*e*) Drilling and review.

COURSE I.—B. LEADING TO "HIGH SCHOOL ELEMENTARY CERTIFICATE."

1. *Gymnastics*—For Junior Grades in High School:

   (*a*) Free standing exercises with corrective value and for posture training.
   (*b*) Marching.
   (*c*) Tumbling.
   (*d*) Apparatus.

2. *Games:*

   (*a*) Group games.
   (*b*) Team games—volleyball, soccer, softball, basketball.
   (*c*) Track and field activities.

3. *Dancing:*

   (*a*) Fundamental steps—two-step, polka, schottische, waltz, mazurka.
   (*b*) Dancing technique.
   (*c*) Folk dances, singing games, national dances.

4. *Swimming:*

   (*a*) Land drill in crawl stroke, back stroke (frog kick), sculling.
   (*b*) Practice of these strokes in the water.
   (*c*) Swim sixty feet by any approved stroke.

5. *Teaching Practice:*

   (*a*) Commanding.
   (*b*) Demonstration.
   (*c*) Presentation.
   (*d*) Correction.
   (*e*) Drilling and review.

COURSE II.—A. LEADING TO "PUBLIC SCHOOL SUPERVISOR'S CERTIFICATE."

1. *Gymnastics*—Suitable for Senior Grades of Public School:

   (*a*) Free standing exercises with corrective value and for postural training.
   (*b*) Marching.
   (*c*) Tumbling, elementary apparatus, free activities.

2. *Games*—Organization, coaching, and refereeing of Part I games and others.

3. *Dancing:*

   (*a*) Fundamental steps—two-step, polka, schottische, waltz, mazurka.
   (*b*) Dancing technique.
   (*c*) Folk, national and character dances.

4. *Swimming:*

   (*a*) Land drill in trudgeon, breast, side, back crawl.
   (*b*) Land drill in R.L.S.S. methods.
   (*c*) Water practice of these strokes and lifesaving methods.
   (*d*) Swim sixty feet and tow a person sixty feet.
   (*e*) Elementary diving.

5. *Teaching Practice*—Teaching and supervision in all branches of the work.

COURSE II.—B. LEADING TO "HIGH SCHOOL SPECIALIST'S CERTIFICATE."

1. *Gymnastics:*

   (*a*) Review Part I.
   (*b*) Advanced work suitable for senior grades.

2. *Games*—Organization, coaching and refereeing of Part I games and others.

3. *Dancing:*

   (*a*) Advanced dancing technique.
   (*b*) Advanced folk, character, athletic and national dancing.

4. *Swimming:*

(*a*) Bronze medallion R.L.S.S.
(*b*) Honorary Instructor, R.L.S.S.
(*c*) Sufficient knowledge of strokes for teaching purposes.
(*d*) Sufficient knowledge of diving for teaching purposes.
(*e*) Sufficient knowledge of stunt swimming.
(*f*) Water games and racing.

5. *Teaching Practice*—Teaching and supervision in all branches of the work with emphasis on original work.

PRACTICE

(Men)

COURSE I.—A. LEADING TO "PUBLIC SCHOOL ELEMENTARY CERTIFICATE."

1. *General Gymnastics:*

(*a*) Review of "Syllabus of Physcial Exercises for Schools," 1919 Edition.
(*b*) Work suitable for primary grades.
(*c*) Marching tactics, rhythmic and maze marching.
(*d*) Same as women.

2. *Games and Their Fundamentals:*

(*a*) Group and leading-up games.
(*b*) Team games.
(*c*) Track and field activities.

3. *Swimming:*

(*a*) Land drill in crawl stroke, back stroke (frog kick), sculling.
(*b*) Practice of these strokes in the water.
(*c*) Swim thirty feet by any approved stroke.

4. *Teaching Practice:*

(*a*) Practice in demonstrating and presenting the work of this course.
(*b*) Supervision.

COURSE I.—B. LEADING TO "HIGH SCHOOL ELEMENTARY CERTIFICATE."

1. *General Gymnastics:*

(*a*) Work suitable for Junior High School grades.
(*b*) Progressive work leading to Middle School grades.
(*c*) Free standing and elementary apparatus exercises.

2. *Games:*

(*a*) Group games suitable for all school conditions.
(*b*) Team games and their fundamentals, including rugby, basketball, hockey, volleyball, softball, soccer, lacrosse.
(*c*) Track and field activities.

3. *Swimming:*

(*a*) Land drill in crawl stroke, back stroke (frog kick), sculling.
(*b*) Practice of these strokes in the water.
(*c*) Swim sixty feet by any approved stroke.

5. *Teaching Practice*—Practice-teaching and supervision of physical activities.

COURSE II.—A. LEADING TO "PUBLIC SCHOOL SUPERVISOR'S CERTIFICATE."

1. *General Gymnastics:*

(*a*) Work suitable for senior grades of Public School.
(*b*) Free standing exercises with corrective and postural values.
(*c*) Marching tactics.
(*d*) Progressive apparatus exercise.

2. *Games:*

(*a*) Group games for gymnasium and playground.
(*b*) Team games, review of fundamentals, the playing of rugby, soccer, hockey, basketball, softball, volleyball, lacrosse.
(*c*) Organizing, refereeing, coaching of team games.
(*d*) Track and field activities.

3. *Swimming:*

(*a*) Instruction and land practice in various strokes.
(*b*) Land drill in R.L.S.S. methods.
(*c*) Water practice of strokes and life-saving methods.
(*d*) Elementary diving.
(*e*) Swim sixty feet by the crawl stroke; rescue and tow a person sixty feet.

4. *Teaching Practice*—Practice-teaching and supervision of all physical activities.

COURSE II.—B. LEADING TO "HIGH SCHOOL SPECIALIST'S CERTIFICATE.

1. *General Gymnastics:*

(*a*) Review of work suitable for Junior Grades.
(*b*) Work suitable for Senior Grades.
(*c*) Corrective exercise on the wall bars.
(*d*) Progression from elementary to advanced apparatus exercises on all pieces.

2. *Games:*

(*a*) Senior group and team games, including volleyball, softball, soccer, lacrosse.
(*b*) The school team in rugby, basketball, hockey.
(*c*) Finished technique in all forms of track and field activities.
(*d*) Organizing, refereeing, coaching.

3. *Swimming:*

(*a*) Bronze Medallion R.L.S.S.
(*b*) Honorary Instructor, R.L.S.S.
(*c*) Sufficient knowledge of various strokes for teaching purposes.
(*d*) Sufficient knowledge of diving for teaching purposes.
(*e*) Sufficient knowledge of stunt swimming for teaching purposes.
(*f*) Water games and racing.

4. *Teaching Practice*—Practice-teaching and supervision of all branches of the work.

REFERENCE BOOKS

Gymnastics:

Handbook of Physical Education, E. G. Schroeder. Doubleday, Doran & Gundy.
A Textbook of Gymnastics, K. A. Knudsen. Lippincott, Philadelphia.
Fundamental Gymnastics, Niels Bukh. Dutton & Co., New York.
Fundamental Danish Gymnastics, A. Sumption. A. S. Barnes & Co.
Calisthenics, S. C. Staley. A. S. Barnes & Co.
Syllabus of Physical Training (1919).
A Teacher's Manual of Physical Education, Henry Poinzer. A. S. Barnes & Co.
Corrective Physical Education for Groups, Lowman, Colestock and Cooper. A. S. Barnes & Co.
The Teaching of Tactics, Schrader. Dept. of P. E., Harvard University.
Tumbling, Pyramid Building and Stunts, Cotteral. A. S. Barnes & Co.
Health by Stunts, Pearl & Brown. Macmillan.
Adapted Group Gymnastics, Drew. A. S. Barnes & Co.
Gymnastics in Education, Cromie & McKenzie. Lea & Febiger.
Exercises on the Apparatus, Tumbling and Stunts, Wittich & Reuter. A. S. Barnes & Co.
Manual of Corrective Gymnastics, Lippett.
A Handbook of Stunts, Rodgers. Macmillan Co.

Games and Athletics:

Recreative Athletics. A. S. Barnes & Co.
College Athletics, Lawson Robertson. Spalding's Buff Cover Series.
Games, Contests and Relays, S. C. Staley. A. S. Barnes & Co.
Book of Games, Forbush & Allen. Winston & Co., Philadelphia.
Play Activities, LaSalle. A. S. Barnes & Co.
Games for the Playground, Home, School and Gymnasium, Bancroft. Macmillan & Co.
It Is to Laugh, Geister.
Ice Breakers, Geister.
What Shall We Play, Geister.
The Ice Breaker Herself, Geister. Geo. H. Doran Co., New York.
Group Contests for the Playground and School, Cromie. Macmillan Co.
My Basketball Bible, Forest C. Allen. H. A. Wilson Co., Ltd.
Basketball for Women, Anderson. Macmillan Co.

Basketball for Women, Frymir. A. S. Barnes & Co.
Basketball and Indoor Baseball for Women, Frost & Wardlaw. Chas. Scribner & Son.
Volleyball for Women, Montgomery. A. S. Barnes & Co.
Baseball for Women, Palmer. A. S. Barnes & Co.
Field Hockey and Soccer, Frost & Cubberley. Chas. Scribner & Co.
Track and Field for Women, Frymir. A. S. Barnes & Co.
An Athletic Programme, Hillas & Knighton. A. S. Barnes & Co.
Tennis for Women, Anderson. A. S. Barnes & Co.
Athletic Activities for Women and Girls, 115 R. Spaldings.
Rugby, Rockne. H. A. Wilson Co., Ltd.

Dancing:

Folk Dances and Singing Games.
Folk Dances of Old Homelands.
Folk Dances of Denmark.
Dances of the People, Elizabeth Burchenal. G. Schirmer, New York.
Gymnastic and Folk Dancing Books, Hinman. Five Volumes. A. S. Barnes & Co.
The Country Dance Book.
Country Dance Tunes, Cecil Sharpe. H. W. Gray Co., New York.
Dance Technique and Rhythms, Pohl & Bergheim. A. S. Barnes & Co.
The Clog Dance Book, Frost. A. S. Barnes & Co.
Clog and Character Dances, Frost. A. S. Barnes & Co.
Natural Rhythms and Dances, Colbey. A. S. Barnes & Co.

Swimming:

The Royal Life Saving Society Handbook.
Swimming. Spalding's Athletic Library.
Swimming Simplified, Sheffield. A. S. Barnes & Co.
The Diving & Swimming Books, G. H. Corson. A. S. Barnes & Co.
Swimming and Watermanship, Handley. Macmillan Co.

Theory of Physical Education:

Intramural Athletics, Mitchell. A. S. Barnes & Co.
How to Live, Fisher & Fiske. Funk & Wagnalls, New York.
The New Physical Education, Wood & Cassidy. Macmillan Co.
Education Through Physical Education, Wayman. Lea & Febiger, Phila.
Physical Education Activities for High School Girls. Lea & Febiger, Phila.
Source Book in Health and Physical Education, Wood Brownell. Col. Press.
Organization and Administration of Playgrounds and Recreation, Nash. Macmillan Co.
Dance and Its Place in Education, H. Doubler. Harcourt Brace & Co., New York.
The Organization and Administration of Physical Education, Williams. Macmillan Co.
The Posture of School Children, Bancroft. Macmillan Co.
Applied Anatomy and Kinesiology, Bowen & McKenzie. Lea & Febiger.
Exercise in Education and Medicine, McKenzie. W. B. Saunders Co.
Measuring Motor Ability, Brace. A. S. Barnes & Co.

Personal Hygiene Applied, Williams. W. B. Saunders Co.
Personal Hygiene, Pyle. W. B. Saunders Co.
First Aid to the Injured, Cantlie. St. John Ambulance Association.
A Brief History of Physical Education, Rice. A. S. Barnes & Co.
History of Physical Education, McKenzie. Lea & Febiger.
Play Days, Duncan. A. S. Barnes & Co.
Play Days, Smith & Coops. A. S. Barnes & Co.
Girlhood and Character, Moxcey. Methodist Book Concern, New York.
Leaders and Leadership, Moxcey. Methodist Book Concern, New York.

Periodicals:

The Athletic Journal, Athletic Journal Pub. Co., 6858 Glenwood Ave., Chicago, Ill.

Health and Physical Education. American Physical Education Association, Ann Arbour, Michigan.

EXAMINATIONS

1. All candidates for Courses I and II will be required to write one examination on the work covered in lectures on theory—value 100. A minimum of sixty is required to pass.

2. The standing of candidates for certificates in Physical Education will be determined by the results of the sessional work, the final practical tests and the final written examinations. The following is the scheme of examinations and tests:

(*a*) In each of the practical tests 50 per cent. of the marks will be assigned to the sessional and 50 per cent. to the final tests.

(*b*) The requirements to pass are 60 per cent. of the marks assigned to each subject of the written and practical tests.

(*c*) A candidate who fails in only one subject may complete his standing by passing that subject at a subsequent examination after taking the course in it again.

SESSIONAL AND FINAL PRACTICAL TESTS

COURSES—I

FOR WOMEN:

Gymnastics	100
Games	100
Swimming	100
Dancing	100

FOR MEN:

Gymnastics	100
Apparatus	100
Games and Athletics	100
Swimming	100

COURSES—II

FOR WOMEN:

Gymnastics	100
Games	100
Dancing	100
Swimming	100

FOR MEN:

Gymnastics	100
Apparatus	100
Coaching of Team Games	100
Swimming	100
Track and Field Athletics	100

CERTIFICATES

1. Candidates who pass the prescribed examinations for the Public School Elementary Certificate will be granted Interim Certificates as teachers of Elementary Physical Education valid in a Public, Separate or Continuation School, provided they are otherwise qualified to teach in such schools.

2. Candidates who pass the prescribed examination for the High School Elementary Certificate will be granted Interim Certificates as teachers of Elementary Physical Education valid in a High School or Continuation School, provided they are otherwise qualified to teach in such schools.

3. Candidates who hold the Public School Elementary Certificate in Physical Education and who pass the prescribed examinations for the Supervisor's Certificate will be granted Interim Certificates as Supervisors of Physical Education valid in a Public, Separate or Continuation School, provided they are otherwise qualified to teach in such schools.

4. Candidates who hold the High School Elementary Certificate in Physical Education and who pass the prescribed examinations for the Specialist's Certificate will be granted Interim Certificates as Specialists in Physical Education.

5. A teacher holding a Public School Supervisor's Certificate, and who later becomes qualified to teach in a High School, must take the High School Specialist's Course in order to qualify for the High School Specialist's Certificate.

6. (*a*) Candidates who are exempt by medical certificate from taking swimming, and (*b*) candidates who have failed to obtain pass standing in swimming may obtain certificates as teachers of Physical Education endorsed "not including swimming."

NOTE.—In addition to passing the prescribed examination of Courses I and II, male teachers are required to present for inspection their certificates as Cadet Instructors before they can be granted certificates as Supervisors or Specialists in Physical Education.